

# everyday

## health



www.fourcorners.ne.gov

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### Pita Tree Appetizers

- 4 flavored or plain pita folds or pita (pocket) breads (about 6 inches in diameter)
- 16 thin pretzel sticks, halved
- 1/2 cup fat-free sour cream
- 1/2 cup guacamole
- 2 Tbsp finely chopped parsley
- 1/2 tsp garlic-pepper blend
- 1/2 cup very finely chopped red bell pepper

**Ready in 25 minutes**  
**Makes 32 servings**

1. Cut each pita fold into 8 wedges. Insert a pretzel stick half into the center of bottom of each wedge to form a "tree trunk."
2. In a small bowl, mix sour cream, guacamole, parsley, and garlic-pepper blend. Spread about 1 tsp sour cream mixture on each pita wedge.
3. Blot bell pepper with paper towel to remove excess moisture. Sprinkle about 1/4 teaspoon bell pepper on each wedge or arrange to form a garland. If desired, cover and refrigerate up to 8 hours before serving.



**Nutrition Facts Per Tree:** 30 calories, .5g fat, 0g protein, 5g carbohydrate, 0g sugars, 0g fiber, 0mg cholesterol, 60mg sodium.

Source: Betty Crocker Kitchens  
<https://www.bettycrocker.com/recipes/pita-tree-appetizers/65a94ae1-56dd-4767-9816-07f71b2f6832>

**NHTSA** **buzzed driving is drunk driving**

☐ **A HOLIDAY HUG**  
☐ **A SYMPATHY HUG**

**THIS HOLIDAY SEASON MAKE SURE YOUR LOVED ONES GET THE RIGHT HUG.**

In December 2017, there were **885 drunk driving related fatalities.**

SOURCE: NHTSA

**IT'S NOT TOO LATE**

**FIGHT FLU**

**GET A FLU VACCINE TO**

**#FIGHT FLU**

**CDC**

### Healthy Celebrations: 5 Tips for Managing Holiday Meals

- \* **Eat Regular Meals.** Avoid skipping meals and going hungry. This can backfire and cause you to overeat.
- \* **Think Color.** Start with fruits and vegetables and aim for them to cover half your plate.
- \* **Choose Drinks Wisely.** Choose water or unsweetened beverages. Alcohol drinks are full of empty calories and can cause poor food decisions. Alternate alcohol drinks with water.
- \* **Initiate Activity.** Suggest a walk before or after the meal. Plan family games and get everyone involved.
- \* **Choose Small Portions.** Selecting smaller portions allows you to control your calorie intake and enjoy a variety of different foods.

Source: NCES Health & Nutrition Education  
[https://ncescatalog.com/2019-Holiday-Tips\\_p\\_1633.html?mc\\_cid=cf361ef7c9&mc\\_eid=acc536a76d](https://ncescatalog.com/2019-Holiday-Tips_p_1633.html?mc_cid=cf361ef7c9&mc_eid=acc536a76d)





Wash for at least 20 seconds. Washing your hands is one of most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections such as a cold or the flu. For a free toolkit, posters, and other resources to promote handwashing, visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).

## Be More Active at Work

Here are some tips to help you move more during the cold winter months, when it's harder to get outside.

- Instead of using the breakroom or restroom nearest your workstation, use one farther away, maybe even on another floor—and take the stairs each time you go.
- If you sit at a desk, make it a habit to stand up every time you make or answer a phone call. March in place or in a circle to keep moving.
- Walk to a nearby restaurant for lunch instead of driving or ordering in.
- Walk to a coworkers desk instead of using email, IM, or the phone. The personal interaction is an added bonus!

Find these tips and more at <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-be-more-active-at-work>

**Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.** Source: Food and Drug Administration

## Common myths believed about vaping, along with the facts.

"It's just flavoring."

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.<sup>11</sup>

Want an example?

Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.<sup>11</sup>

"It's just water vapor."

But it's not.

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.<sup>4,8-10,11-13</sup>

"I don't have an addictive personality—I won't get hooked on vapes."

Vaping delivers nicotine to the brain in as little as 10 seconds.<sup>14,15</sup>

A teen's brain is still developing, making it more vulnerable to nicotine addiction.<sup>14</sup>

"My vape says it's nicotine-free. There's no way I'll become addicted."

Some vapes that claim they are nicotine-free are not.<sup>5,17-22</sup>

"Nicotine isn't that bad for me."

Nicotine exposure during the teen years can disrupt normal brain development. It can have long-lasting effects, like increased impulsivity and mood disorders.<sup>23-25</sup>

"Just because I vape doesn't mean I'm going to smoke cigarettes."

Research shows teens who vape are more likely to try smoking cigarettes.<sup>24</sup>

## Stress Management Corner: Setting Boundaries

In today's digital world, it is easy to feel pressure to be available 24 hours a day. Set some work-life boundaries for yourself. That might mean making a rule not to check email from home in the evening, or not to answer the phone during dinner. Although people have different preferences when it comes to how much they blend their work and home life, creating some boundaries can help lessen the possible work-life conflict and stress that goes with it.

Find this and other tips at:

[www.apa.org/helpcenter/work-stress](http://www.apa.org/helpcenter/work-stress)

## App of the Month—Patient Portals

A patient portal is a secure online website, or app, that gives patients 24-hour access to personal health information from anywhere with an internet connection. Using a secure name and password, patients can view their information. Check with your doctor or health center to see what app is available for your patient portal.

By using this app, you have access to all your health records, whether online or through a smartphone app. This lets you access recent doctor visits, medications, immunizations, allergies, lab results and more. Some patient portals allow you to message your doctor, request prescription refills, check benefits coverage, make payments, view educational materials, and download and complete forms.

For more information on patient portals, check with your clinic or hospital.